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Your essential daily news | THURSDAY, MARCH 9, 2017

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Saint Mary's Huskies Marquis Clayton, left, and Dalhousie Tigers Ritchie Kanza Mata at the Scotiabank Centre on Wednesday.
JEFF HARPER/METRO



This judge 'is trying to do the right thing'

SENTENCING HEARING
MADD Canada applauds judge in drunk-driving case decision



As controversy continues to swirl around one Nova Scotia judge, another is being applauded for "trying to do the right thing" in rejecting a joint sentencing recommendation for drunk driving that he called a "farce."

During a sentencing hearing for a man who pleaded guilty to impaired driving, Judge Alain Bégin rejected a recommendation from the Crown and defence for a sentence of two years probation and one day in prison served with his day in court. Bégin described the recommendation as a "farce" and said if he accepted it, the accused, Gordon Louis

MacDonald — who was convicted of refusing a breathalyzer test in 2009 — "would walk out of the courtroom laughing."

"I think the judge is trying to do the right thing here," MADD Canada CEO Andrew Murie said. The Crown lawyer, Steve Melnick, told the court that Crown policy only takes previous convictions within five years into consideration in sentencing. If it had happened in the last five years, Melnick would've recommended a sentence of at least 30 days in jail.

Bégin said multiple times that MacDonald has a drinking problem, even though a pre-sentence report said he hadn't had a drink since April 2016 when he was pulled over by Cape Breton Regional Police.

"You have an alcohol problem," Bégin said in court. "This is the second time you've been in court because of drinking and driving. The definition of having an alcohol problem is getting in trouble with the law."

HOLDING COURT

With the CIS championship returning to Halifax, Saint Mary's and Dalhousie are back in the mix to win it all **metroNEWS**

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TAXI VERDICT

Protesters toll the bell for Lenehan at Grand Parade

COURTS

Group braves the rain in city square to call for disbarment



Cody McEachern
For Metro | Halifax

A large group of people stand silently as rain comes down on them at Grand Parade.

Their homemade signs, each with a message of power and anger, wave and droop in the wind.

Only the sound of the city is audible, as cars and buses drive by the square.

Suddenly, a large bell is rung and the city sounds are drowned out as the angry howl of a hundred people fills the air.

The bell is rung again, and demands are shouted into a megaphone for all to hear.

A final bell ring and the crowd quietly leaves, the square silent once again.

Fast and direct was the plan for Wednesday's protest against Judge Gregory Lenehan, the second in as many days, and al-

though it was short, the message was clear — people are angry.

Lenehan's conduct and decision on the Bassam Al-Rawi sexual assault case has resulted in a handful of protests, group meetings and petitions calling for Lenehan's removal.

The protests and petitions have been vital in getting everyone's attention, and what comes next will depend on the action of the government and the courts, said Chelsea Fougère, organizer of Wednesday's protest.

"I hope this ends with Al-Rawi being convicted and registered in the national sex offender registry, and Judge Gregory Lenehan is disbarred. He has demonstrated in multiple cases he is an enabler of violence," Fougère said.



He has demonstrated in multiple cases he is an enabler of violence.

Chelsea Fougère

She hopes the protests and petitions will move people and bring awareness to the problem of sexual assault.

"This type of thing is absolutely ubiquitous," Fougère said.

"We all know it and I think if we're not suffering in that together, then we are on our own. It's an issue that touches us all."



Demonstrators gathered at Grand Parade Wednesday to protest Judge Lenehan's ruling in Bassam Al-Rawi's sexual assault case. Comments made by Lenehan stating a drunk is able to give sexual consent has sparked outcry and spurred calls for a review on the judge's ability to serve.

JEFF HARPER/METRO

NEWFOUNDLAND

Crown to appeal officer's acquittal

The Crown will appeal the acquittal of a police officer in Newfoundland who was accused of sexually assaulting an intoxicated woman.

Last month, a jury found Const. Doug Snelgrove not guilty.

Court heard that after a night of drinking, the woman approached the officer's parked police cruiser in December 2014 and asked for a ride home because she thought it would be safer than taking a cab.

She testified the night ended with her passing out — then waking up as the constable with the Royal Newfoundland Constabulary was having sex with her.

Snelgrove's acquittal on Feb. 24 became a flashpoint for public outrage about "rape culture" and the issue of consent. THE CANADIAN PRESS

+ TESTIMONY

The Crown had argued that the 10-year veteran of the police force took advantage of a vulnerable woman, but Snelgrove testified he had the woman's consent for sex, and added that she did not appear drunk.

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Last destroyer takes final sail

NAVY

Athabaskan retires after more than 44 years of service

In its heyday, it was one of Canada's largest fighting ships — built for operations in the North Atlantic as a helicopter-carrying submarine hunter with a crew of more than 250.

But the big gun on HMCS Athabaskan thundered its final salvos Wednesday, as Canada's last Cold War-era destroyer enters retirement after more than 44 years of service.

It was deployed during the first Gulf War in 1990, delivered aid after Hurricane Katrina in 2006 and Haiti's 2010 earthquake, and responded to international troublespots to fulfil Canada's NATO obligations under the ship's motto *We Fight As One*.

"Your first vessel is usually your first love and I do say that's true," said Peter Rigby, who served more than 19

years on Athabaskan and retired as a petty officer first class. "Athabaskan is my first love of the sea."

Rigby was among dozens of Athabaskan veterans who returned to the ship for its final "day sail" outside Halifax harbour Wednesday.

Ottawa announced over two

years ago that Athabaskan, commissioned in September 1972, would be retired along with three other Royal Canadian Navy ships. A new class of 15 ships is to replace the Iroquois-class destroyers and the Halifax-class frigates.

At a length of 129.8 metres, the Athabaskan with a full load has a displacement of 5,100 tonnes and a top speed around 27 knots. A major three-year modification that began in 1991 refitted the vessel for anti-aircraft warfare.

Retired rear-admiral Dave Gardam commanded Athabaskan for two years when it was the flagship for NATO.

"When I commanded these ships it had a full bank of missiles and was fully combat capable," said Gardam.

He described the four Iroquois-class vessels as the nicest handling ships in the navy, because of a variable pitch drive system that made them easy to steer.

However, Rigby said although Athabaskan was a reliable performer, it had some quirks including a rather smoky stack and something the

crew refers to as the "15 knot shuffle."

"The 15 knot shuffle is when we hit 15 knots when the ship is sailing," he said. "There's a slight shuffle in the ship, it feels like it's vibrating."

Rob Bolger, a retired supply technician, said Athabaskan also tended to roll a little more



When I commanded these ships it had a full bank of missiles and was fully combat capable.

Retired rear-admiral
Dave Gardam



HMCS Athabaskan went on a final tour of Halifax harbour Wednesday after 44 years of service. Ottawa announced over two years ago that Canada's last destroyer would be retired along with three other Royal Canadian Navy ships. ANDREW VAUGHAN/THE CANADIAN PRESS

than the other vessel he served on, HMCS St. John's.

"Athabaskan used to rock you to sleep," said Bolger.

In addition to its NATO duties, Athabaskan also participated in fisheries and sovereignty patrols.

The ship's current com-

manding officer, Cmdr. Jean Couillard, said sailing the vessel into retirement marks "the end of an era" for the navy.

Couillard said there will be a transition period as the navy waits for its new vessels.

"It's an exciting time for the guys that are joining the

navy right now," he said. "As they are pressing through their training and are all ready to go they will have new ships to sail with."

Athabaskan will be decommissioned or "paid off" during a ceremony Friday in Halifax. The term dates back to the

days when sailors were paid wages owing them when they went ashore.

"It's a shame that they are actually retiring her," said Bolger. "But things end ... so I'm glad I could be here one last time."

THE CANADIAN PRESS

CRIME

Police offering rewards in three unsolved gun killings



Yvette d'Entremont
Metro | Halifax

The homicide cases of three men murdered by gunshots in 2016 have been added to the province's Major Unsolved Crimes Program.

Halifax Regional Police and the provincial government have added the homicides of Tyler Ronald Joseph Keizer, Rickey Walker and Terrence Patrick Izzard to the program.

It provides up to \$150,000 to anyone who shares information leading to the arrest and conviction of the person or people responsible for these homicides.

At about 2:50 a.m. on Sept. 1, 2016, Rickey Walker was found in medical distress behind John McNeil Elementary School on Leaman Drive in Dartmouth. He was transported to hospital, where he was pronounced dead.

On Nov. 14, 2016 at about 11:07 p.m., a 911 call was received about a gunshot in the area of Cragg Avenue, Halifax. Police found Terrence Patrick Izzard laying in front of 2412 Cragg Ave. An autopsy confirmed that Izzard's death was a homicide as a result of being shot.

On Nov. 21, 2016, shortly before 11 p.m., police and EHS responded to a weapons call in

HOW TO HELP

Anyone with information should call the Rewards for Major Unsolved Crimes Program at 1-888-710-9090.

the area of Gottingen and Falkland streets in Halifax. There, they found Tyler Ronald Joseph Keizer, who was transported to the QEII Health Sciences Centre and later pronounced dead from a gunshot.

Police believe there are people who have information that could result in an arrest and possible charges.

Halifax DIGEST

CRIME SPREE Man charged in rash of recent robberies

Police have charged a Halifax man in relation to seven local robberies over the past month.

Anthony James Guitard, 29, is facing five counts of robbery and two counts of attempted robbery following six robberies in Halifax and one in Dartmouth.

The dates ranged from Feb. 11 to this week, at locations like the Need's in the Shell Gas Station at 2616 Robie St., the C Shop on Young Street, Dollarama Scotia Square and multiple Griffin's Smoke Shop locations in Halifax and Dartmouth.

This Tuesday around 9:45

a.m., a robbery happened at Griffins Smoke Shop on Mumford Road, but nearby security guard caught the man a short distance away. Upon arrival police arrested the man without incident.

Guitard was expected to appear at Halifax provincial court Wednesday.

METRO

KENNETCOOK Home destroyed in fire

Kennetcook's fire chief is thankful that nobody was home when a building caught fire Tuesday night, as the entire structure was completely destroyed by flames.

The blaze began around 8:30 p.m. in the 200 block

of the Upper Kennetcook Cross Road.

"It was fully engulfed when we arrived; a typical one-and-a-half storey house," Kennetcook's fire chief Steve White said. "Nobody was in the house at the time and they were all accounted for."

White said the cause of the fire remains undetermined at this time.

It was difficult to extinguish because of the roof collapses, which trapped the fire underneath, he said.

White added the residents of the home were renting and there's no word on whether the owner of the building has insurance.

TC MEDIA



Saint Mary's, led by Huskies Kemer Alleyne, centre, and Dalhousie, led by Jarred Reid, left, will be competing in the national Final 8 Championships this weekend. JEFF HARPER/METRO

Championship hoops are back

SPORTS

National Final 8 put SMU, Dal in the mix to win it all



Cody McEachern
For Metro | Halifax

The man responsible for bringing the CIS men's basketball championship back to Halifax thinks the tournament will be a slam dunk.

Other than being excited about it, Derek Martin says it will also help Halifax companies to cash in on the basketball fever.

"I think it is great for Halifax to be recognized as having built this tournament into a huge success over the years," said Martin, president of Sports & Entertainment Atlantic.

"We are a big believer that

we need more events like this to get people out for a good time, but also to put money into the pockets of the hotels, restaurants and bars here. We estimate the event to be probably over a million and a half dollars in economic impact for the province."

Since 1988, Halifax had long been the host of the competition until it was taken to Ottawa in 2008, only returning briefly for two years in 2011 and 2012.

Its return to the city is a great chance for Halifaxians to show their support for the sport and the local teams, said Martin.

"There is a lot of factors as to why it left. I think it was so successful the rest of the country wanted a bit of its success and tried to replicate it in other

markets," he said.

"I think they found what had been built here over the years couldn't be built overnight in other places. For it to be back is a testament to how much we love this tournament and university basketball."

It's hard for him to root for a specific team, but a local team getting this far is a big plus to Halifax, said Martin.

"It's great when local teams advance because it adds that many more people into the stadium," he said.

"We are expecting a great Thursday night, we've got Saint Mary's and Dalhousie playing so I think it is going to be really special inside the building. We will see where it goes from there."



It's great when local teams advance because it adds that many more people into the stadium.

David Martin

SCHOOLS

We asked two co-captains what it will take for victory

Ritchie Kanza Mata
- Dalhousie Tigers

"A lot of great determination, we're going to have to play the best basketball we have ever played, and we're really going to have to execute and defend the three-point line

against a good shooting team from Alberta our first game."

Marquis Clayton
- SMU Huskies

"I feel we just need to play hard for 40 minutes. Like the coaches said once you get

to this spot for the tournament, anyone can win. It's all about coming out and playing hard. You never know, a top team could come out cold or come out hot, so it's anyone's game."

CODY MCEACHERN/FOR METRO



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Behold: a 'glorious sight'

PARLIAMENT

Young women from all over country take over The House

It never occurred to Khadija Waseem that she would want to run for office one day. Not until she found herself launching a hard-nosed, double-barrel question at Prime Minister Justin Trudeau from a corner of the House of Commons.

"The first 25 seconds were of sheer, overwhelming awe," she recalled Wednesday, just a few hours after her impromptu parliamentary debut, when she raised her hand and was chosen to ask Trudeau a question.

She pushed him to tell her how he would combat Islamophobia and what he is doing to address the mental health needs of indigenous youth.

"In that moment, I realized that if you don't ask this, nobody will," said Waseem, a 20-year-old University of Toronto student. "That is a huge gravity on your shoulders, but also an honour and a privilege."

It was one of many similar



Srosh Hassana delivers a statement during a Daughters of the Vote event, organized by Equal Voice Canada, in the House of Commons Hill in Ottawa on Wednesday. THE CANADIAN PRESS

epiphanies to emerge from Ottawa on Wednesday. Thanks to an initiative called Daughters of the Vote, every seat from every riding in the House of Commons, if only for a brief time, belonged to a young woman. They came from all over the country to take over Parliament for International Women's Day.

The delegates were treated to invocations of Nellie McClung

and the women's rights struggle from Opposition Leader Rona Ambrose. They took advice from Canada's only female prime minister (so far), Kim Campbell. And, yes, they got to grill the country's current feminist PM, who pointed out that the 338 women assembled in the House represented a group larger than all the women ever elected to Ottawa.

Since Confederation 150 years

ago, there have only been 315 female MPs in the House of Commons. Campbell, speaking to the women from the floor of the House, called it a "glorious sight."

"This is a remarkable and very touching vision for anyone who has ever served in this chamber," she said.

There was no denying that a place normally associated with partisan jabs and posturing

became something else for a little while.

Lianna Rice, an Inuk woman from Labrador and one of 70 indigenous women in the group, spoke to the House of her brother's suicide and her own attempt to end her life. Prakriti Kharel, representing the Ottawa riding of Orleans, recounted her family's immigration story from Nepal and implored Canadians to be accepting of immigrants and refugees.

And Srosh Hassana, a young Muslim from Alberta, recounted her fear of being racially profiled. When she started to cry, the women around her got to their feet and cheered, as they had for several others whose emotions or nerves showed during their statements.

"This is my Canada, and there's no seat for hate here," she said.

The display in the House followed a morning announcement from Trudeau and International Development Minister Marie-Claude Bibeau to spend \$650 million in the next three years to promote reproductive rights and help women around the world access safe abortions, contraception and sexual education.

TORSTAR NEWS SERVICE

EQUALITY

Still no pay equity for all women

Statistics Canada says that more women are in leadership roles in the public sector where pay equity is the law than in the private sector, where similar rules don't apply.

The report from the national statistics office released on International Women's Day says that gender parity existed in the public sector in 2015, when 54 per cent of legislators and senior government managers and officials were women.

The percentage of women in similar positions in the private sector was 25.6 per cent, the report says. The number of women in the workforce has risen considerably over the past 70 years, jumping rapidly between the 1950s and 1990, but rising at a slower pace since then.

In 2015, just over half of Canada's women worked in traditionally female occupations: teaching, nursing, social work, clerical positions, or sales and services, compared with 17.1 per cent of men — figures that have changed little over the last 30 years. Women remain outnumbered in natural and applied science occupations that usually require a university degree.

THE CANADIAN PRESS

EDMONTON

Road rage attacker breaks woman's arms

Edmonton police say they are investigating tips as they search for a man who is accused of breaking a woman's arms with a crowbar in a vicious road rage attack.

Police spokesman Scott Pattison says it appears the man was aiming for the women's head Tuesday morning.

Police say the 34-year-old woman honked her horn as she was passing a car that was

stopped in the street where she was trying to make a turn.

When she got out of her vehicle, police say, the man ran up to her, striking her on both arms with a crowbar. The woman was taken to hospital and underwent surgery.

"She has had multiple breaks in both arms — very significant breaks," Pattison said. "She is still in hospital."

THE CANADIAN PRESS

PARLIAMENT HILL

Advocates call for release of Canadian jailed in Cairo

For more than a decade, Canadian Mohamed El Attar has been locked inside the notorious Tora Prison on bizarre charges of being an Israeli spy while few have fought for his freedom.

A delegation of politicians, human rights advocates and a former senior member of Canada's spy service are trying to change that. On Thursday at a Parliament Hill press conference, they will call on the Liberal government to press Egypt for his release.

"I hope this will revive the case, bring it more attention, will put pressure on this Canadian government," said Rev. Majed El Shafie, founder of the humanitarian organization One Free World International.

The case is personal for El Shafie. He has never met El Attar but he was once held and tortured in Egypt for converting from Islam to Christianity and he believes that El Attar is also being punished for his religion. El Attar, who was born in Egypt

into a Muslim family, converted to Christianity and fled the country in 2002. He was given refuge in Canada, arguing that he was persecuted not just for his religion but also because he was gay.

El Shafie alleges that 46-year-old El Attar has been tortured in custody and that his case is based solely on a false confession.

The case against El Attar, who worked as a CIBC bank teller in Toronto, began when he flew to Cairo to visit friends and family in 2007. It was the first time he

had returned to his country of birth since leaving five years earlier. He was arrested as soon as he landed on New Year's Day.

El Attar's alleged crime was spying for Israel for several years.

Then foreign affairs minister Peter MacKay said after the trial that the Canadian government remains "concerned about a number of aspects of this case."

But the case soon fell off the political and media agenda and El Attar was left to languish.

TORSTAR NEWS SERVICE

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THIS PICTURE WAS TAKEN IN THE SPRING TIME OF LAST YEAR IN BEAUTIFUL POMQUET, ANTIGONISH CO., N.S. I GREW UP IN THIS SMALL ACADIAN COMMUNITY AND IT WAS THE HOT SPOT ALL SUMMER LONG. I WOULD SPEND COUNTLESS HOURS AT A TIME HERE. SO PEACEFUL AND QUIET. MY HAPPY PLACE. **APRIL BOWMAN**





The Fearless Girl stands across from the iconic Wall Street bull in New York City on Wednesday. THE ASSOCIATED PRESS

Fearless Girl stares down Wall Street

WOMEN'S DAY

Iconic bull statue meets its match

A new statue of a resolute young girl now faces Wall Street's famous Charging Bull, erected by a major asset managing firm for International Women's Day to make a point: There's a dearth of women on the boards of the largest U.S. corporations.

State Street Global Advisors, the Boston-based investment giant, had the statue created to push companies to increase the number of women directors.

Artist Kristen Visbal's "Fearless Girl" drew crowds Wednesday that initially came to pose for pictures with the bull, but

the novelty quickly became a New York hot spot.

The girl, sculpted in bronze, appears to be staring down the bronze bull, her hands firmly planted on her waist, pony-tailed head held high.

"Know the power of women in leadership. SHE makes a difference," reads a plaque at her feet.

Twenty-five per cent of the Russell 3000 — an index of the nation's largest companies — have no women on their boards, according to State Street, which manages many of their assets.

According to ISS Analytics, a business research firm, just 16 per cent of board seats on companies in the Russell 3000 are held by women; the average board of directors has eight men and one woman.

THE ASSOCIATED PRESS

Global digest

Iceland requiring firms to prove equal pay

Iceland will be the first country in the world to make employers prove they offer equal pay regardless of gender, ethnicity or sexuality. The government said it will introduce legislation requiring employers to obtain certification to prove they give equal pay. AP

Nike unveils hijab for Muslim athletes

Nike has unveiled a hijab for Muslim female athletes.

The Nike Pro Hijab has been in development for a year, the company said. Athletes contributed input into the product, and figure skater Zahra Lari was among those who tested it. The hijab is made of light, stretchy fabric that includes tiny holes for breathability and an elongated back so it will not come untucked. AP

Women go on strike across U.S., the world

Many American women stayed home from work, joined rallies or wore red Wednesday to demonstrate how vital they are to the U.S. economy, as International Women's Day was observed with a multitude of events around the world.

The Day Without a Woman protest in the U.S. was put together by organizers of the vast women's marches that drew more than 1 million Americans the day after President Donald Trump's inauguration.

The turnout on the streets this time was much smaller in many places, with crowds numbering in the hundreds. There were no immediate estimates of how many women heeded the call to skip work.

"Trump is terrifying. His entire administration, they have no respect for women or our rights," said 49-year-old Adina

Ferber, who took a vacation day from her job at an art gallery to attend a demonstration in New York City. "They need to deal with us as an economic force."

“

They need to deal with us as an economic force.

Adina Ferber

Elsewhere, women joined in protest. In Warsaw, thousands of women showed Poland's conservative government red cards and made noise with kitchenware

to demand full birth control rights, respect and higher pay.

In Rome, hundreds marched from the Colosseum to demand equal rights. Thousands marched in Istanbul, despite restrictions on demonstrations imposed since last year's failed coup. Germany's Lufthansa airline arranged for six all-female crews to fly into Berlin. Sweden's women's soccer team replaced the names on the backs of the jerseys with tweets from Swedish women.

THE ASSOCIATED PRESS



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TRISTAN CLEVELAND ON SKIPPING TRANSIT SCHOOL



Local planners need to listen up when international transit gurus come to town.

Kurt Luhrsén, the transit planner who revolutionized Houston's bus network, spoke in Halifax at Dalhousie's planning conference last week on how they pulled it off. No one from Halifax Transit showed up.

Last September, the guy who increased bus ridership in Auckland, N.Z. by 20 per cent with no budget increase, Darren Davis, gave a workshop specifically for Halifax staff, and only one person from Transit was there.

Turning down free coaching from Sidney Crosby would not imply good things about a hockey player.

I asked Transit about the no-show. They say they spoke with Luhrsén "during the course of the conference" — which they did attend — and that they had communicated with Luhrsén before.

Right, but chatting with a teacher in the hallway is not the same as coming to class. Advocates have been calling on Halifax Transit to learn specifically from Houston and Auckland. Our transit planners didn't have to buy plane tickets or even pay a fee to hear from the experts from those very cities, right here in Halifax. They chose not to prioritize it, publicly.

In about a year, the city will try to fix the high-

Chatting with a teacher in the hallway is not the same as coming to class.



Their two cents City transit staff are missing their chance to learn from the best ahead of Halifax's new transit plan for high-frequency corridors, writes Tristan Cleveland. JEFF HARPER/METRO

frequency corridors in our new transit plan. Luhrsén's talk would have shown our planners how to not repeat the exact shortcomings of that plan.

Houston was able to make transformative changes to their network because of how they used easily-understood visuals to express how sacrifices would be worth the benefits.

They created before-and-after maps so anyone could appreciate the extent to which their high-frequency routes had multiplied their reach. They showed how travel times would improve to key destinations and quantified how many people would get better

service.

The plan Halifax Transit gave us was a black box. In 200 pages of text, it had four maps. If you wanted to compare any new routes to the old, you had to do the work yourself.

By not intuitively communicating benefits, the only changes most people — including experts — could easily grasp were the sacrifices. Naturally, most input was from those whose routes got worse, and so to respond to the public, the department could only undermine the plan.

There are few people in the world better positioned than Luhrsén to help Halifax Transit get better at

expressing the reasons for hard choices. Fundamentally, my concern about not seeing them at these talks is that they feel they already have the answers, when there is so much this city needs to learn.

When Halifax revisits the corridors, let's make bold proposals possible by expressing their value in a way people will get excited about. Councillors and our chief administrative officer should tell Transit they expect no less.

Tristan Cleveland is an urban planner who has also worked in Montreal, Guyana and Venezuela. He grew up in the south shore of Nova Scotia.

Welcome to Feminist In-Fight where I, Vicky Mochama, put two feminist forces in the Equality Death Cage.



EMMA WATSON

THIS WEEK:



BEYONCÉ'S BEY HIVE

THE FEUD

After critics attacked **Emma Watson** for showing underboob in a Vanity Fair photoshoot, she responded by saying "Feminism is not a stick with which to beat other women." **Beyoncé fans**, more commonly known as **the Beyhive**, seized on the apparent hypocrisy. The fans, somewhat of a proxy for the notoriously media shy super star, pulled up a Watson quote from 2014 in which she questioned how Beyoncé could count herself a feminist while at the same time making sexy music videos.

Wins to Their Name

| | |
|------------------------------|---|
| UN Women Goodwill Ambassador | Made Beyoncé the highest-paid black musician in history |
|------------------------------|---|

Other Victories

| | |
|---|--|
| Played Hermione and got to punch Draco Malfoy | Can count Meryl Streep and the entire Obama family among their ranks |
|---|--|

Notable Quotables

| | |
|---|---|
| "If I was going to be a princess, I'd be a warrior princess." | "It's Beyoncé's World and we are just living in it." - Anderson Cooper (Beyhive member) |
|---|---|

You Don't Want This Trouble

| | |
|--|--|
| Has the might of the United Nations behind her | Has the might to flood your social media feeds with lemon emojis |
|--|--|

On Defence

| | |
|---|---|
| Watson's full quote begins: "I'm quite nervous to bring it up because I still haven't really formulated by my own ideas about it..." So she knew she was on shaky territory, but still tried thinking out loud. | Prominent feminists constantly go after Beyoncé for not being the perfect feminist, and that gets tiring. Black feminists are especially tired. Like, Rip Van Winkle Tired. |
|---|---|

Vicky, In Charge of Feminism, Decides

The Beyhive wins. The Hive always wins.

Credit to Emma Watson for engaging with the criticism by posting the full interview, but the United Nations can't handle the co-ordination of the Beyhive. They are a digital Swiss Guard who will die defending Beyoncé; Hermione fans could never.



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What matters in a 'garbage soul'

NON-FICTION

Scaachi Koul's 'catalogue of misery' sure to strike a chord

Sue Carter
For Metro Canada



Scaachi Koul didn't set out to write *One Day We'll All Be Dead and None of This Will Matter*. She began working on her personal essay collection two years ago, at age 24, intending the book — which she refers to as "a catalogue of misery" — to be a much lighter read. But when Koul's editors at Doubleday Canada pushed her to dig deeper into her "garbage soul," the underlying tenor of the book shifted.

"It's a lot about loneliness and trying to make a connection, and it's a lot about how your history informs where you're going," Koul says. "I'm happy where it went, but sometimes you do need an editor to tell you that you don't have to be glib all the time. That was a hard lesson for me."

Those who follow Koul's work as an editor at BuzzFeed or on Twitter know that she's an all-caps force who doesn't suffer fools or anonymous online trolls gladly.

The sly, cutting sarcasm — and the misery — still reverberate through *One Day We'll All Be Dead*, but they've been tempered, leaving breathing room for Koul to share more



With the internet, you can yell at me and it costs you nothing. I don't know what they can say that I haven't heard already.
Scaachi Koul

Writer Scaachi Koul says *One Day We'll All Be Dead and None of This Will Matter* is "a lot about loneliness." CONTRIBUTED

vulnerable observations of her life and her roles as a young woman, a girlfriend, a best pal and a daughter of Indian immigrants. She wrestles with Western beauty standards and ethnic stereotypes, and the horrifying reality of rape and surveillance culture, familiar to any woman who has spent a night at a bar watching her drink in fear of getting roofied.

"It's much easier to write down an anxiety or a fear you have, but then cut the tension

with a joke. There are portions of the book where I didn't do that. People were telling me sometimes you have to let a moment land," says Koul, who describes the feeling of releasing the book as being akin to photocopying your diary and handing it over to a gang of junior-high girls.

"As much as my instincts were telling me to say, 'Here's a terrible thing that happened, but don't worry, everything's fine,' that's not always the right

move. Writing generally is an exercise in being insecure. Of course, it feels uncomfortable and exposing."

Koul also didn't anticipate that her relationship with her family would become the heart of *One Day We'll All Be Dead*. Each chapter opens with an email exchange with her father, whose own surly charm will be familiar to anyone who follows Koul on Twitter. Although Koul talks about the specific ways in which she's inherited

her parents' anxieties and the generational disconnect she feels as a child of immigrants, there's a universal quality to her interactions with her family that is reminiscent of American humorist and essayist David Sedaris, whose writing she loved from a young age.

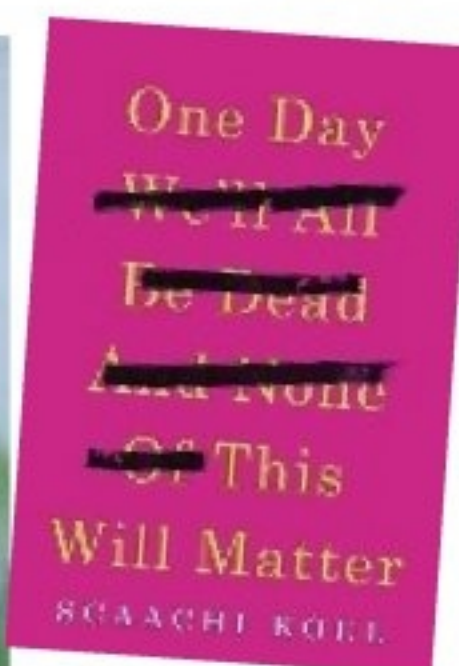
"I have to write like they're already dead, otherwise every essay will come out as very stilted. I'm sure there's stuff that will make them uncomfortable reading it," Koul says. "I don't

think my dad wants to read a chapter about my pubic hair, so I won't recommend it. My mom will read it and she'll cry, but she'll get over it."

One group of readers that Koul isn't worried about is the legion of online trolls that have been harassing her for the past few years. In *One Day We'll All Be Dead* she covers the personal toll the threats have caused, but says she doesn't expect that they'll actually make an effort to buy, let alone even pick up her book.

"There's a fee to enter. With the internet, you can yell at me and it costs you nothing and so that's where they live," she says. "I'm not super-concerned, and honestly at this point, I don't know what they can say that I haven't heard already. Do your best. What can you say at this point to take this away from me?"

Sue Carter is the editor at Quill & Quire magazine.



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Hard Powder had applied to Parks Canada for permission to film scenes in Banff, above, and the Columbia Icefields. GETTY IMAGES

Movie is blocked over First Nations storyline

MOVIES

Parks Canada says no to shoot in Banff after concerns raised

A movie production team was denied permission to shoot in the Rocky Mountain national parks after Parks Canada staff learned the film's plot involved an Indigenous gang leader.

"They expressed a real concern that this was not something they would favour," said Mark Voyce, location manager for a film project that had been scheduled to start shooting later this month.

Voyce is working for Michael Shamberg, a film producer whose past credits include movies such as Erin Brockovich, A Fish Called Wanda, Garden State, Gattaca and Get Shorty.

Shamberg is currently working on a project called Hard Powder, a crime drama ostensibly set in a Colorado ski town.

Action star Liam Neeson is to play an honest snowplow driver whose son is murdered by a local

drug kingpin. He then seeks to dismantle the cartel, but his efforts spark a turf war involving a First Nations gang boss, played by First Nations actor, musician and Order of Canada member Tom Jackson.

Director Hans Petter Moland had hoped to shoot scenes in Banff, the Lake Louise townsite and ski hill, and the Columbia Icefields.

"He was enamoured of the beauty of the Columbia Icefields," Voyce said. "He was very stubborn in insisting that if we were going to come here, that it was to shoot parts of these films in the national park."

Voyce, who has previously organized movie shoots in national parks from Newfoundland's Gros Morne to Pacific Rim on Vancouver Island, said the team began the application process with Parks Canada in December. He said he believed that by last week, only a few details needed to be cleaned up and that permissions would be granted. Then, late last week, came a phone call.

"They phoned and asked, 'Is the leader of the rival gang in this picture First Nations?' We said



Liam Neeson, seen here in 2011's *The Grey*, and Tom Jackson star in *Hard Powder*. HANDOUT/TORSTAR NEWS SERVICE

yes. That became an obvious last nail in the coffin for us," he said.

"They didn't want to offend anybody. They (said they) would get back to us, but they had grave concerns over subject matter. They told us that in almost exactly those words."

On Monday, Voyce received a letter from Parks Canada listing eight requirements, including the possible need for an environmental assessment. "We're looking to start filming on March 20 and can't really push our schedule," he said. "That, frankly, is a death blow for us."

Voyce said much of the information requested was included in the original application.

In an email, Parks Canada confirmed it has concerns over the script.

"The Government of Canada is committed to reconciliation and nation-to-nation relationships with Indigenous peoples, based on a recognition of rights, respect, co-operation and partnership," said the response from spokeswoman Meaghan Bradley.

"In addition to some administrative details and outstanding documentation, Parks Canada's commitment to reconciliation and respect for Indigenous peoples was an important factor in the agency's final decision on this matter. Parks Canada maintains the right to refuse applications that are not in line with Parks Canada's mandate or operational priorities."

The decision was made despite a letter of support from Jackson.

"As a consultant to this production, I have taken a strong stance to ensure that the humility and integrity of First Nation roles do not cross the line of disrespect to my culture. I don't feel my culture is insulted even slightly by the script," he wrote.

"Hard Powder will be made regardless. The question is whether we deprive our own, or do we harvest for our own?"

THE CANADIAN PRESS



JOHANNA SCHNELLER
WHAT I'M WATCHING

Have your cat fight and milk it



Susan Sarandon and Jessica Lang ham it up but keep it real as Bette Davis and Joan Crawford in *Feud*. FX

THE SHOW: *Feud: Bette and Joan*, Season 1, Episode 2 (FX)
THE MOMENT: Boss's orders

Studio chief Jack Warner (Stanley Tucci) and director Robert Aldrich (Alfred Molina) are watching dailies from *Whatever Happened to Baby Jane*, starring Bette Davis (Susan Sarandon) and Joan Crawford (Jessica Lange).

"Pure naked rancor," Warner exults. "I love it! I want more." Aldrich sighs. He's just gotten his warring actresses to sheathe their claws.

"What we're looking at is a raw display of the free market," Warner says. "That's the American way. The more each tries to crush the other, the better they get."

What we're looking at here, folks, is a class-A example of hedging, of having your cat-fight and decrying it, too.

Series creator Ryan Murphy lays out all the reasons — repeatedly — for why Joan and Bette have to, say, convince

Aldrich to fire a hot starlet: They're brilliant but over 40 so they can't risk being upstaged, etc.

And then he does a lingering push-in to the two iron-eyed dames, arms crossed, watching the starlet exit in tears. It's like telling you that porn is bad, and then showing you lots of porn to prove it.

Critic James Poniewozik calls Murphy's style "campathy," a mix of camp and empathy. (Damn you, Poniewozik! Wish I'd coined that.) Murphy revels as his woman characters scratch out each other's eyes, and then gives us weepy speeches about how they're single moms just trying to make a living, or how their power threatens the status quo.

It's a big plate of ham covered in a heap of cheese. But that doesn't mean it isn't true.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Engage in fun, messy activities that are typically too time-consuming to do during a typical week. Baking is a great opportunity to bond with your kids. ISTOCK

Spring into a family-focused March break

CREATIVE IDEAS

Schedule fun, inexpensive activities for the kids

Liz Beddall

March Break brings with it a rare opportunity for many families to be all together at one time, sans interruption. So how can you make the very best of this break without busting up your bank account?

"When you go back through the Rolodex of your childhood memories, the things that often stand out are the simple nuances," says Alyson Schafer, parenting author and therapist. "Often the small, little, inconsequential things, but ones that had emotion behind them. It does not have to be the dazzling spec-

tacle of Disney to make an impression."

Schafer suggests that when building the week's itinerary, parents might consider honouring one member of the family every day of the week. On that special day the family will engage in the person's favourite outdoor or at-home activities, watch their home videos and eat their favourite foods.

"Doing this empowers kids to come up with creative ideas that the parents might not have even thought of," says Schafer. "You can map the week out together so everyone has felt they had a say."

"Also, take time to think about all the things parents don't want to do on a regular day because it's too messy or time-consuming," adds Schafer. "Maybe we're going to look to cook in the kitchen because we don't need to worry about the pancake batter splattering on the wall. Use this as a mentoring opportunity — how to

use this and this, while you have a little more time and patience."

When it comes to getting away from the house, mommy blogger Maya Fitzpatrick of mayahoodblog.com says there's nothing like being a tourist in your own town.

"Exploring your own city is always a great way to spend any holiday as a family," says Fitzpatrick. "Take a look at a new park in your area, walk around a lake you've never visited before, visit new shops."

To get the kids involved, Fitzpatrick suggests asking them to place a finger on a map of your area to choose a neighbourhood to explore, or that they suggest a spot they've heard about from their friends.

"Come March, school feels like it's been on for ages and the weather is finally getting warmer," she says. "Everyone needs a little 'lift me up' and a break and quality time with loved ones is what everyone needs."

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Kids can enjoy painting at the Art Gallery of Nova Scotia March Break camp. ISTOCK



Martock and Wentworth are offering skiing and snowboarding camps this March Break. ISTOCK



Canadian Museum of Immigration at Pier 21 Society is hosting a rope skipping performance and workshop. ISTOCK

Get out and play this spring break

IDEAS

Events and camps sure to keep the kids entertained

Maggie Jenion

March break is nearly here and there is plenty for kids to do. Here is a sampling of March break camps and events happening all around HRM:

Camps:

Whether they're into superheroes, wizardry or musical theatre, Neptune Theatre offers a bunch of different camps for kids aged 4-12.

The Discovery Centre is offering two camps: Destination Discovery and Digital Discovery.

The Art Gallery of Nova Scotia has a family drop-in on Sunday and camps throughout the week on print-making, painting and more.

Martock and Wentworth are offering skiing and snowboarding camps during March Break.

HRM Recreation offers day camps at a number of recreation centres across the municipality. Call a recreation centre or check out halifax.ca/rec.

Events:

Canadian Museum of Immigration at Pier 21 Society has a full slate of activities for the week including: a rope skipping performance and workshop, pasta making and chocolate tasting. Activities

are included in the price of admission.

The Emerald Oval has free public skates every day. Don't have skates? Rent them! And helmets too.

ISTOCK

Halifax Public Libraries have

many March Break offerings like a Frozen sing-along movie, a reptile zoo, science demonstrations and much more.

Maritime Museum's latest exhibit is Arctic Quest, and Here be Dragons is the latest exhibit at the Museum of Natural History.

Shubenacadie Wildlife Park has new activities every day during March break from 9:30 a.m. to 12:30 p.m.





Ghosts of past renovations can haunt

RENOVATIONS

DIY work on historic homes take extra care, patience

Dwain Livengood can save money on his home renovation project by doing the work himself. But he also knows that do-it-yourself projects in historic homes like his 100-year-old farmhouse require extra planning and research and that mistakes can be costly.

"Self-awareness is pretty huge," says Livengood, who grew up in the house in Lancaster, Penn., and is the third generation of his family to own it. "Saving money isn't worth it if in the end it looks like an amateur did it."

He is planning the first major renovations to the property, including a new kitchen, hardwood floor restorations and window repair.

DIY "fails" in historic homes can do more than look bad; they can seriously damage a home's structure and character, says Jody Robinson, historic preservation officer for the city of Bellevue, Ky. DIY has a place in historic home renovation, she says, but it needs to be well-researched.

If your home or neighborhood has a historical designation, there probably are restrictions on what you can do, particularly to exteriors. Consult with local authorities before initiating projects or hiring contractors.

"The difference with a historic home is the materials used and how they were constructed," Robinson says.

Slate roofs, wood gutters, weight-and-pulley windows, plaster walls and old building materials require special attention, experts say. Luckily, there are numerous places where owners of historic homes can find information about which projects they should and shouldn't attempt on their own.

Cities, preservation societies, restoration enthusiasts, and even businesses that specialize in historic renovation offer workshops and classes. Window repair, plastering, basic fireplace fixes and tiling are among the most popular subjects.

Understanding your home's construction and appreciating historic renovation methods are the first step, says Benjamin Curran, department head for historic preservation at Savannah Tech-



Dwain Livengood, owner of this 1903 farm house in Lancaster, Penn., saves money doing DIY projects but knows to expect the unexpected and that mistakes can be costly. Below: One of Livengood's DIY projects inside his 100-year-old home. ALL PHOTOS THE ASSOCIATED PRESS



nical College in Georgia. Through its Historic Homeowners Academy, the school teaches classes geared to the do-it-yourselfer.

When homeowners try to apply modern solutions to old homes "a remodel can easily turn into a re-muddle," Curran says. For example, using the wrong mortar can damage old bricks.

He recommends taking a class and consulting with a professional or historical preservationist.

"From there, it's a question of what is achievable. What is the

breadth of your skill set? Where might you stretch yourself and learn more?" Curran says.

Jim Wigton, president of the Monrovia (California) Historic Preservation Group, says it was formed nearly 40 years ago by residents who were restoring homes and wanted to share knowledge.

Livengood, who has experience restoring antique carriage and tractors, plans on repairing the 40 wood windows in his foursquare house this spring.



Classes can teach homeowners the basics. Here students at Savannah Technical College in Georgia learning masonry.

Using tips from a professional restoration company, he will replace the rope that holds the cast-iron weights that allow the windows to move up and down, and will paint the windows' interiors. He's hired a professional to tackle the exterior. He anticipates the work he does will reduce the repair costs by \$200 per window.

Windows are a good DIY project because the work is more time-consuming than difficult, says Danielle Keperling, who with her parents and husband owns Historic Restorations in

Lancaster. Her company is open to teaching the how-tos in order to reduce project costs, she says.

To maintain a home's historical character, repairing old windows — rather than installing new ones — makes a big difference, says Keperling.

"Windows show the age of the house," she says.

Whenever Doug Heavilin hires a professional to work on his 1902 Queen Anne Victorian in Franklin, Ind., he shadows the person, soaking up as much information as he can.

"I've learned 90 per cent of

what I know about plumbing by sitting there and watching a plumber," says Heavilin, who is restoring the 4,700-square-foot house with his wife, Amy. They've finished five of the home's 22 rooms.

During their restoration journey, they've learned to install tile, hang wallpaper and drywall, repair plaster, and match stain and paint. He once engineered a solution to create rounded replacement pieces for their home's turret.

The Heavilins read books and magazines, watch videos, take classes and swap tips with other homeowners before starting a project. But they also know things might not go as planned and say it's important to be flexible. "You never know what you're going to find," says Amy Heavilin, recalling the time they discovered that their dining room chandelier was wired to a pipe with a coat hanger.

"We're at the point where I'm pretty comfortable with whatever we find," Doug Heavilin adds. "I'm not always happy, but I'm comfortable."

THE ASSOCIATED PRESS



metr SPORTS

The Dallas Cowboys will release longtime quarterback Tony Romo on Thursday, according to an Associated Press source

No. 1-seed Rams using GOAT as inspiration

USPORTS FINAL 8

Mentality of Jordan's Bulls fuelling Ryerson's run

During an early-season video session, the Ryerson Rams sat down to study the final few minutes of Michael Jordan's last game as a Bull.

It was Game 6 of the 1998 NBA finals against Utah. A sweat-soaked Jordan was running on fumes. His shots weren't falling. But Chicago's confidence stood strong. And over a final few thrilling seconds, Jordan stole the ball off Karl Malone, beat Bryon Russell with a deadly crossover and scored with five seconds to play. The Bulls won the title.

That video session resonated with the Rams, who hope to win Ryerson's first Canadian university title in any sport this weekend in Halifax.

"You never saw the (Bulls) get down, you never saw them stop shooting the ball," said Rams guard Ammanuel Diressa. "Every play, kept trying to attack, kept trying to attack. And then in the end (Jordan) hits the game winner. It just shows the type of mentality you have to have to win."

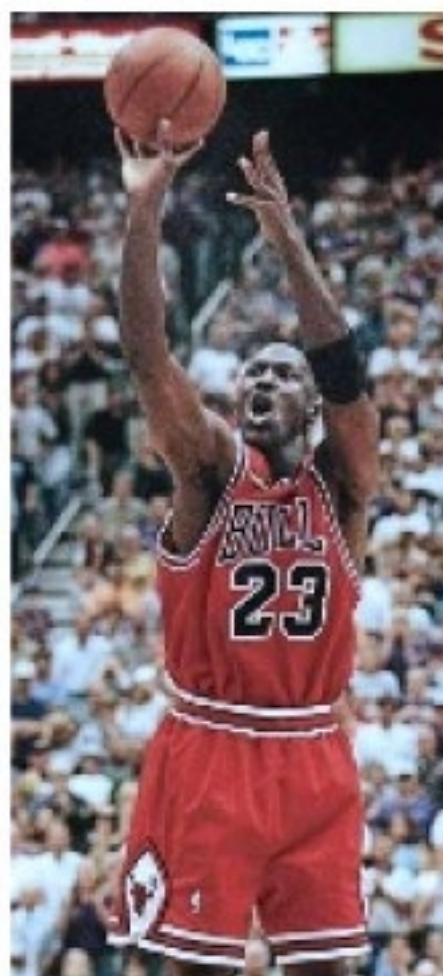
That mentality — a sense of composure and unbreakable confidence, as Diressa described it — has come to define the Rams



Like Michael Jordan's Bulls always seemed to, Ammanuel Diressa and Ryerson are hoping to finish strong at the Canadian university championship this weekend. LEFT: ALEX D'ADDESE/RYERSON RAMS ATHLETICS. RIGHT: JEFF HAYNES/AFP/GETTY IMAGES FILE

down the stretch of this season. In big wins over Ottawa and perennial powerhouse Carleton last weekend, Ryerson roared back from fourth-quarter deficits to win their second-consecutive OUA title.

"This year our team is a lot better in big situations. We're resilient," Diressa said. "Even those last two games we played,



we made a lot of mistakes down the stretch, but no one is ever down, no one ever lets that affect the next play. A player might make a turnover, but then the next play he gets a stop and makes a shot."

The Rams scored a colossal 32 points on Carleton in the fourth quarter last Saturday, on the Ravens' home court.

"That's the thing about our team right now is we're so confident in each other," said fifth-year guard Adika Peter-McNeilly. "That is what's so special about this group, the chemistry and the confidence."

"Once we looked at Carleton as a team we're able to beat, that's when we were able to beat them. I think this past weekend, beating Ottawa and beating Carleton, it just gives us a little motivation that we can do it again. This is not done yet."

Ryerson, who went 17-2 in the regular season, are the two-time defending national bronze medallists, and earned the No. 1 seed with their OUA title. Carleton went 19-0 before their loss to the Rams, and are the No. 2 seed.

Coach Roy Rana, who took over a team in 2010 that was mired in mediocrity — the Rams went a woeful 38-115 before his arrival — speaks fondly about a "special" group of players, particularly his back court of Diressa and Peter-McNeilly.

"Together they form the best back court in the country," Rana said.

The Rams open Thursday's tournament in Halifax against No. 8 St. Mary's. A victory will put them through to Saturday's semifinals.

The Carleton Ravens are the six-time defending champions, and have won the W.P. McGee Trophy 12 times, more than any other school in history.

THE CANADIAN PRESS

FREESTYLE SKIING

Canucks upset with bronze-medal runs

Mikael Kingsbury whacked his pole against his ski in frustration after his final moguls run at the world freestyle ski and snowboard championships Wednesday.

The 24-year-old from Deux-Montagnes, Que., knew bobbling the landing on his second jump would cost him. Kingsbury settled for bronze behind winner Ikuma Horishima of Japan and runner-up Benjamin Cavet of France.

"I felt just a little bit stiff before the bottom air and I got into the jump a bit faster than I expected," Kingsbury told reporters on a conference call later in the day.

"I tried my best to land in the best position that I could, but I was farther than I expected and I landed pretty deep. It cost me a lot."

Reigning Olympic women's champion Justine Dufour-La-



Mikael Kingsbury GETTY IMAGES

pointe of Montreal took bronze in women's singles. Britteny Cox of Australia won gold followed by silver medallist Perrine Laffont of France.

Dufour-Lapointe didn't make any glaring mistakes, but the 22-year-old didn't earn enough points from the judges to finish higher on the podium.

"I'm a little bit disappointed with my result because of course I wanted to win," she said. "I won't lie to you about that, but in the same way, but it's a sport that's judged." THE CANADIAN PRESS

CFL

Roughriders land QB Young: Sources

It seems Vince Young will make his football comeback in Canada.

Young's agent, Leigh Steinberg, tweeted Wednesday he was en route to Regina to finalize a deal between his client and the Saskatchewan Roughriders. A source said Young was also making the trip and the Riders were planning to unveil him at a news conference sometime Thursday.

Young, who stands six-foot-five, spent eight seasons in the NFL, completing 755 of 1,304 passes (57.9 per cent) for 8,964 yards with 46 TDs and 51 interceptions in 60 career games. The 33-year-old also ran 282 times for 1,459 yards (5.2-yard average) with 12 TDs but also lost 12 of 40 career fumbles. THE CANADIAN PRESS

2

Young is a two-time Pro Bowler in the NFL.



Neymar and manager Luis Enrique celebrate Wednesday in Barcelona. GETTY IMAGES

CHAMPIONS LEAGUE

Barça alive with miracle finish

Barcelona completed the biggest comeback in Champions League history by beating Paris Saint-Germain 6-1 to reach the quarter-finals on Wednesday, scoring the decisive goal of a 6-5 victory on aggregate in the fifth minute of stoppage time.

With Neymar on inspired form, Barça scored three times from the 88th minute. Sergi Roberto's late goal set up by Neymar sent the Camp Nou fans wild and made their team the first to overturn a 4-0 first-leg defeat since the Champions League format started in the 1992-93 season.

ROUND OF 16 At Camp Nou



PSG seemed certain to go through after Edinson Cavani scored a valuable away goal following Barcelona's opening salvo of three goals, which included a Lionel Messi penalty.

Barcelona needed three more goals to advance, and the feat seemed impossible even after

Neymar found the net with a free kick in the 88th minute.

But the Brazil striker converted a penalty in the 90th and then followed up with a chipped pass for substitute Roberto to steer the ball beyond goalkeeper Kevin Trapp in injury time.

"This is the best match of my career," Neymar said. "For the past week I have been crazy to play this match, and we have made history."

"I just told Sergi Roberto to get in the area, that he would score a goal."

THE ASSOCIATED PRESS

IN BRIEF

Marshall signs with Giants
The New York Giants signed free agent receiver Brandon Marshall to a two-year contract on Wednesday.

The signing gives the Giants a talented outside receiver to play opposite Odell Beckham Jr.

Marshall, 32, who was released by the Jets last week, had 59 catches for 788 yards and three touchdowns last season.

THE ASSOCIATED PRESS

McEwen gets best of Jacobs
Manitoba's Mike McEwen remained atop the Tim Hortons Brier round-robin standings after the 12th draw by narrowly beating Northern Ontario's Brad Jacobs 6-5 on Wednesday afternoon.

McEwen came through with a draw for two in the 10th end to improve to 6-1. He still had a match to play against Jamie Murphy of Nova Scotia in the evening.

THE CANADIAN PRESS

MAKE IT TONIGHT

Flavourful Char Siu Pork



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

Put down that takeout menu and impress your family with this intensely flavoured dinner instead.

Ready in 1 hour 35 minutes

Prep time: 1 hour 15 minutes
Cook time: 20 minutes
Serves: 4

Ingredients

- 1 1/2 Tbsps honey
- 1 1/2 Tbsps hoisin sauce
- 1 1/2 Tbsps soy sauce
- 1 Tbsp Chinese wine (dry sherry can be substituted)
- 1 tsp white pepper
- 1/2 tsp five-spice powder
- 1/2 tsp sesame oil
- 1kg/2 1/2 lbs pork tenderloin
- 3 cloves garlic, finely chopped
- 1 1/2 Tbsps vegetable oil

Directions

1. In a small saucepan, add honey, hoisin, soy sauce, Chinese wine, pepper, five-spice and sesame oil. Whisk the ingredients together over medium heat. Cook until it thickens and becomes sticky. Let the sauce cool completely.

2. Add the sauce, vegetable oil, and chopped garlic to the pork and marinate it the fridge for an hour and up to overnight.

3. To cook, barbecue for about 6 to 8 minutes on each side, or place on the highest rack of the oven set on broiler for 6 to 8 minutes on each side.

4. Let the meat rest for 15 minutes or so before slicing. Serve over rice and sautéed greens.

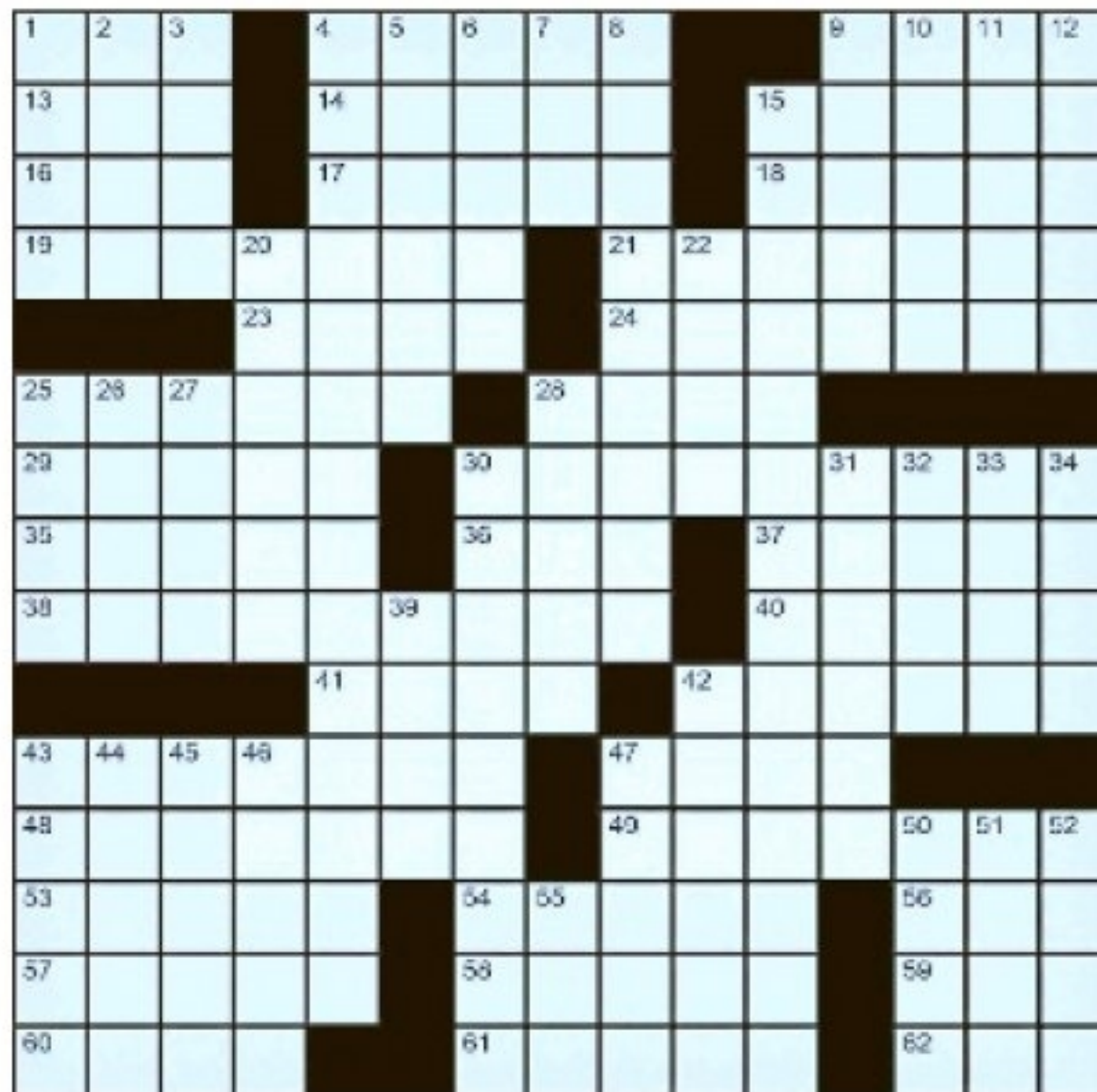
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Moo _ pork (Chinese cuisine dish)
4. Rapidly
9. Catherine of "The Dukes of Hazzard"
13. Arcade Fire front-man Mr. Butler
14. Mervyn _ "Madame Curie" (1943) director
15. "_, I Love You" by The Doors
16. Toward the ship's stern
17. "Rawhide" by Frankie _
18. Graceland legend
19. Life story movies
21. Iridescent
23. "What's Hecuba to him _ to Hecuba..." - Hamlet
24. Invention documents
25. Funny actor Jim born in Newmarket, Ontario
28. "2 Broke Girls" star Ms. Behrs
29. "You Bring Me Joy" singer Ms. Baker
30. Cosmetic dentists at times
35. Competitor
36. Possessor's contraction
37. Fix came-undone shoelaces
38. Little brewski: 2 wds.
40. Winnebago enjoyers, informally
41. Bellow
42. Discontinues
43. Mishandle: 2 wds.
47. Crevice-fill-



- ing wedge
48. Mott's beverage
49. Leonard Nimoy's iconic character: 2 wds.
53. Poe's bird
54. Manner of speaking
56. Fried dish need
57. Tennis great

- Chris
58. Gloria Swanson role, _ Desmond
59. Unexplained sky sighting, perhaps
60. Moray-like
61. Subway 'currency'
62. Place down

DOWN

1. Q-Tip, for one
2. Sound system sort, shortly
3. Poetic preposition
4. Alanis Morissette song that goes "My sweater is on backwards and inside out": 4 wds.
5. Just great
6. Originate
7. Pas pro
8. Surprising revelation: 2 wds.
9. Quebec, 'La _ Province'
10. _ and the Chipmunks
11. Mr. Eastwood

12. Giving-plants-water needs
15. Montreal-born Founder/CEO of Canadian bookstore chain Indigo: 2 wds.
20. Web gateway
22. Hors d'oeuvre spread
25. 1979: "Let's Go" by The _
26. Cartooning, for short
27. Kentucky Derby winner in 1972, _ Ridge
28. Edging choice for granite countertops
30. Perspective
31. Overhaul
32. Quebec 'summers'
33. Juste pour _ (Montreal comedy festival)
34. Legis. meeting
39. Concerning, cute-style
42. 1950s car trimming
43. Loose rock at a cliff's base
44. Percussion stick
45. "Bolero" composer Maurice
46. Beauty tool, with Board
47. Gloater's grin
50. "Mr. Holland's _" (1995)
51. _ au lait
52. Nautical mile
55. Scooby- _

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you want to get to the bottom of something. You want to solve a mystery or find a solution to a problem.

Taurus April 21 - May 21
This is a powerful day to address a group and tell them your ideas. It's quite likely that you'll want to introduce ideas that will improve things for everyone.

Gemini May 22 - June 21
Today you might encounter a strong boss or a parent in an intense and purposeful way. Someone wants to shake things up in order to make them better.

Cancer June 22 - July 23
Discussions about religion, politics or racial issues will be intense and powerful today. Don't get too carried away. Remember to maintain a common-sense approach to things.

Leo July 24 - Aug. 23
You might see ways to improve how you handle your debt or how you deal with a bank. You also might see a better way to discuss an inheritance or deal with shared property.

Virgo Aug. 24 - Sept. 23
Be careful during discussions with others today, because people are tempted to give someone a "make-over." (Nobody really likes this.)

Libra Sept. 24 - Oct. 23
Act on your ideas about introducing reform or improvements to your job. Meanwhile, you might have other ideas about how to improve your health.

Scorpio Oct. 24 - Nov. 22
You might be concerned with the education or welfare of children today. If so, you want to help them. Others might be concerned about making improvements in the entertainment world or the hospitality industry.

Sagittarius Nov. 23 - Dec. 21
During a discussion with a parent or a family member, you might discover a better approach for improving your

home, or possibly even a familial relationship. See what you can do.

Capricorn Dec. 22 - Jan. 20
Your style of communicating today is so persuasive that you will be successful if you sell, market, teach, act or write for a living. No one will be able to resist you!

Aquarius Jan. 21 - Feb. 19
You might be a bit obsessed with something today, especially if you are shopping. You might feel as if you need to have something. Easy does it.

Pisces Feb. 20 - March 20
Take a realistic look in the mirror and ask yourself what you can do to improve your appearance and the impression you give to the world.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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